






Ascension School March, 2006



Maschio's Food Services, Inc.

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>March is National Nutrition Month</p>  <p>Step Up to Nutrition</p>	<p>1 Pasta with Marinara Sauce & Garlic Bread Garden Vegetable Soup Tossed Salad Fruited Gelatin Beverage</p>	<p>2 Sicilian Style Pizza Mega Noodle Soup Veggie Sticks Pudding w/whip topping Beverage</p>	<p>3  No Lunch</p>
<p>6 Hamburger or Cheese- burger on Bun Chicken Noodle Soup Tater Tots Applesauce Beverage</p>	<p>7 Chicken Quesadilla with Salsa Carrot Sticks Chicken Rice Soup Chilled Pineapple Beverage</p>	<p>8 Hot Dog on a bun with Assorted Toppings Minestrone Soup Tater Tots Pineapple Cup Beverage</p>	<p>9 "Breakfast For Lunch" French Toast Sticks Sausage Links Mega Noodle soup Orange Slices Beverage</p>	<p>10 Sicilian Style Pizza Tossed Salad w/Dressing Garden Vegetable Soup Fresh Apple Beverage</p>
<p>13 Pop Corn Chicken Vegetable Pasta Salad Dinner Roll Chicken Noodle Soup Chilled Peaches Beverage</p>	<p>14 Beef Nachos with Cheese & Salsa Veggie Sticks Chicken Rice Soup Pudding w/whip topping Beverage</p>	<p>15 Baked Cheese Lasagna Garden Salad Garlic Bread Minestrone Soup Chilled Peaches Beverage</p>	<p>16 Shamrock Chicken Nuggets with dinner roll Golden Corn Mega Noodle Soup Leprechaun Lime Jello Beverage</p>	<p>17 Sicilian Style Pizza Tossed Salad with Dressing Garden Vegetable Soup Assorted Fruit Beverage</p>
<p>20 Crisp Chicken Nuggets Vegetable Rice Medley Dinner roll Chicken Noodle Soup Pineapple Tidbits Beverage</p>	<p>21 Hot Dog on a bun with assorted toppings Chicken Rice Soup Tater Tots Pudding w/whip topping Beverage</p>	<p>22 Grilled Cheese Sandwich Tomato Soup Goldfish Crackers Mixed Fruit Cup Beverage</p>	<p>23 Chicken Patty on Multi Grain Bun Lettuce & Tomato Carrot Sticks Fresh Fruit Basket Beverage</p>	<p>24 Sicilian Style Pizza Tomato /Cucumber Salad Garden Vegetable le Soup Applesauce Beverage</p>
<p>27 Mozzarella Sticks with Marinara Sauce Dinner Roll Chicken Noodle Soup Cucumber Salad Fruit Cup Beverage</p>	<p>28 Beef Burger on a Bun with Lettuce & Tomato Chicken Rice Soup Tater Tots Chilled Fruit Cup Beverage</p>	<p>29 Pasta with Meat Sauce, Garlic Bread Minestrone Soup Tossed Salad Fruited Gelatin Beverage</p>	<p>30 "Breakfast for Lunch" French Toast Sticks Sausage Links Mega Noodle Soup Orange Slices Beverage</p>	<p>31 Sicilian Style Pizza Tossed Salad w/Dressing Garden Vegetable Soup Assorted Fruit Beverage</p>

- Complete Lunch \$ 3.50
- Milk \$.50
- Assorted Chips \$.60
- Ice Cream \$.75 or \$1.25
- Cookie \$.60
- Hot Pretzel \$.60
- Fruit Juice-4 oz. \$.50
- Soup w/Crackers \$1.00
- Spring Water \$.50 or \$1.00
- Fruit Cup \$.50
- Fresh Fruit \$.50
- Baked Cookie \$.60
- Snapple \$1.00
- Juice Cup .50
- Pudding \$.75

VEGGIE CONNECTION

Veggie Sticks
OR
Tossed Salad Cup
Available
with all
meals.




SANDWICH LUNCH
\$3.50

Assorted Sandwiches & Wraps
Available in place of-Hot Lunch
Entrée.

Monday: Turkey Wrap w/Lettuce
Tuesday: Italian Sub Sandwich
Wednesday: Bagel Bag
Thursday: Ham & Cheese On Roll
Friday: Tuna Salad on Wheat
American Cheese on Wheat is
available everyday as an alternate

Beverage choices include low fat
milk, flavored or unflavored,
spring water or fruit juice.

Lunch Tickets available in the cafeteria:
10 meals- \$35.00
MENU SUBJECT TO CHANGE
Please make payable to:
Maschio's Food Services
GET ENERGIZED

